



The  
Center for  
Relationship  
Education

# Reunite, Reignite, Re-energize: Innovating for the Future

*May 23-25, 2023*

U.S. Department of Health and Human Services Administration on Children,  
Youth and Families (ACYF) Family and Youth Services Bureau (FYSB)  
Adolescent Pregnancy Prevention Program Grantee Conference

# LIFE SUCCESS: The Proven Blueprint

**Joneen Mackenzie**

*The Center for Relationship Education*



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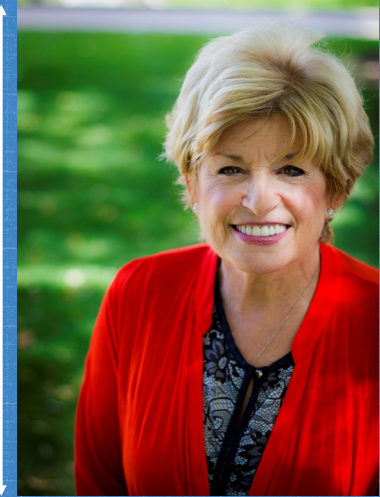
**PROGRAM OFFICE:**ACF/FYSB - Adolescent Pregnancy Prevention  
**PROJECT TITLE:** Livin' The Dream  
**GRANT NUMBER:** 90SR0101

# Meet Joneen

Founder,  
The Center for Relationship Education

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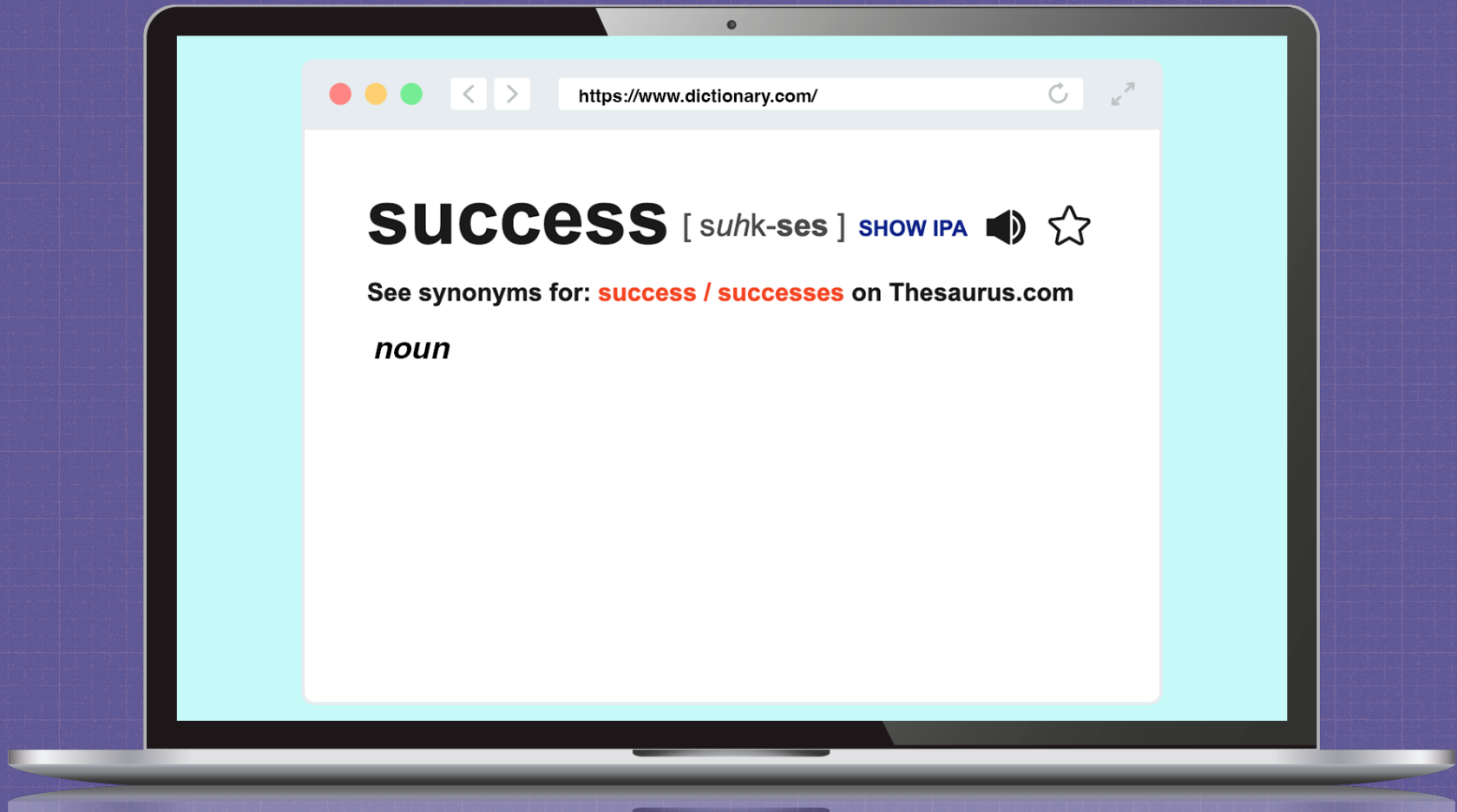


# OBJECTIVES

- Reframe the definition of Success
- Explore the root cause issue of fractured relationships
- Provide practical skills for building better connections
- Gaining higher perspective help achieve balance and stability.

# SUCCESS DEFINED

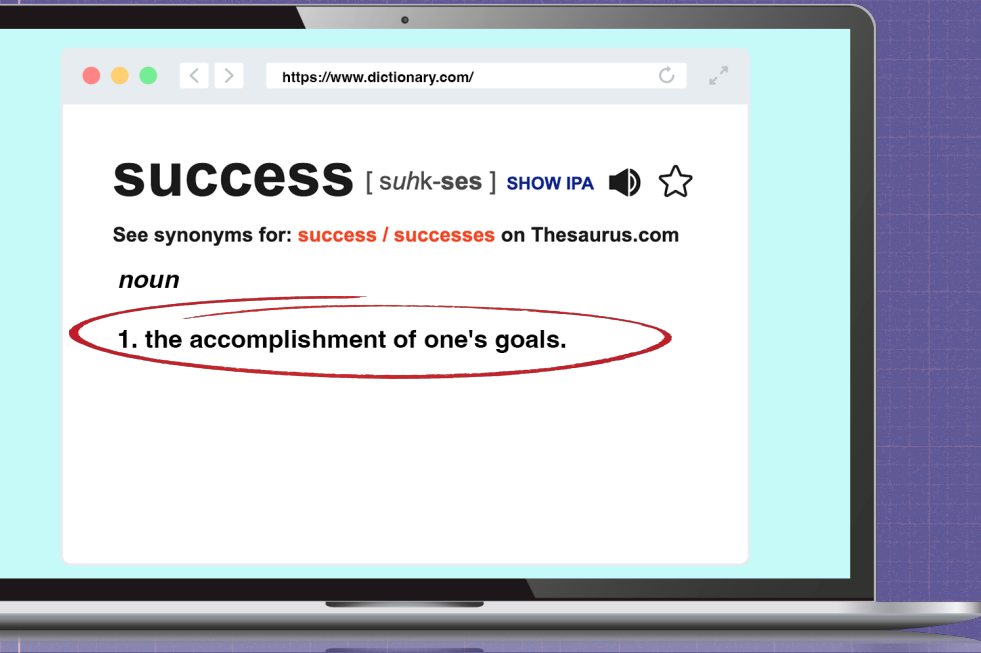
*What is the definition of success?*



**success** [ suhk-ses ] [SHOW IPA](#)  

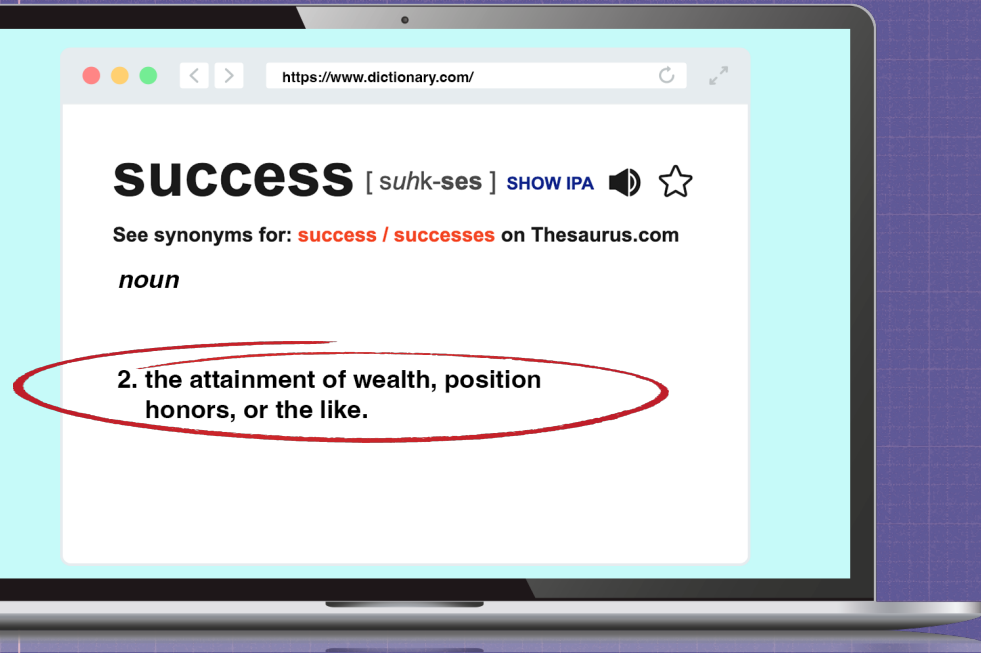
See synonyms for: **success** / **successes** on [Thesaurus.com](#)

***noun***



## Do the following life events deem people failures?

- Losing a job
- Being on the losing side of a sporting event
- Dropping out of school
- Sustaining an injury that prevents mobility



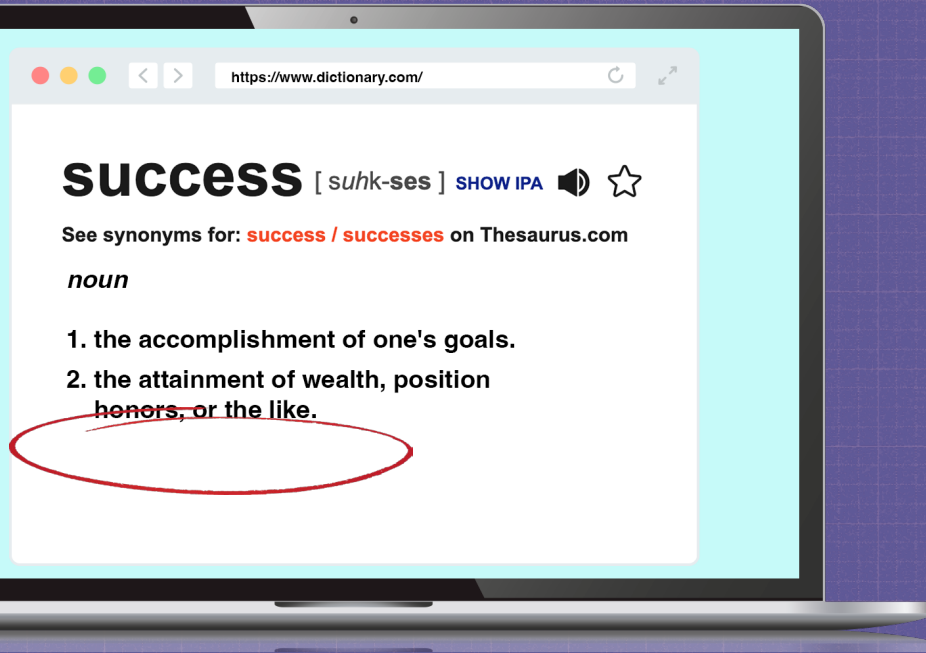
## Do the following life events deem people failures?

- Those who live in poverty
- Individuals without positional titles
- People with an empty trophy display case



# Redefining Success

- Are people as successful as they want to be?
- Why or why not?





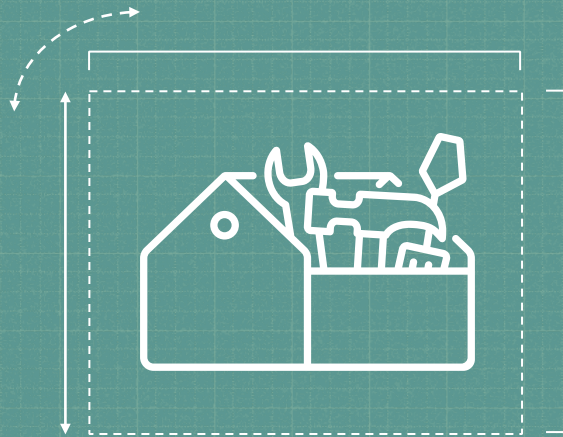
# BARRIERS TO HEALTHY RELATIONSHIPS

*Trauma and ACEs*



## **If Healthy Relationships are Essential for Life Success, why aren't more people experiencing healthy relationships?**

- They don't know.
- They don't have the tools.



# EMPTY TOOLBOXES

People laud and applaud learning a new language, artform, musical instrument, sport, or scientific discovery, yet when someone seeks to improve their relationship skills, what is the response?



## Common Responses we Face When Seeking Relationship Help

- “You have issues.”
- “You need therapy.”
- “You are broken.”



# T.O.O.L.S. FOR LIFE SUCCESS



# T.O.O.L.S. FOR LIFE SUCCESS

**T**end  
to the  
Root

**O**ffer  
Relationship  
Education

**O**perationalize  
Concepts

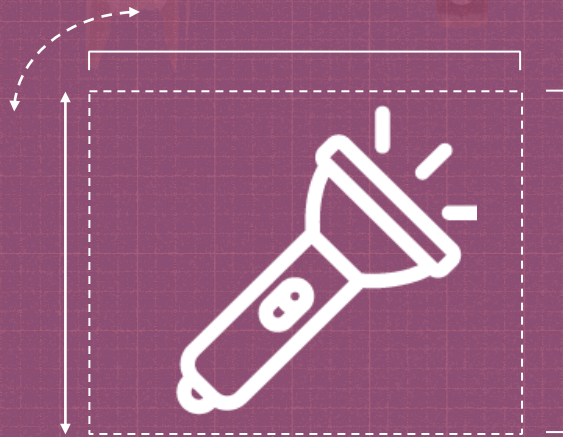
**L**ook  
Beyond  
Romantic  
Context

**S**top  
the  
Stigma



# FILLING YOUR TOOLBOX





# Flashlight

Shine a spotlight on others and learn to take a genuine interest in them.

# Flashlight



If any of the following words are spoken by your partner while they are talking, give them a squeak, and mark your squeaker tally.

- I
- you
- he
- she
- it
- we
- they
- them
- us
- him
- her
- his

# Flashlight



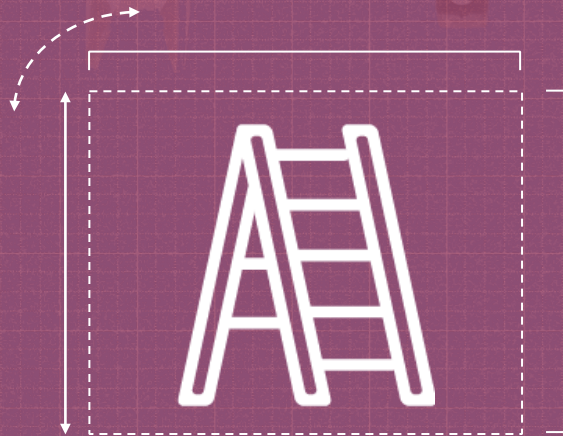
What strategies did the speaker(s) employ to be successful in not being “squeaked”?

# Flashlight



## **Self Bias**

Our brains more easily remember, and positively assign meaning to, self more than others.



# Extension Ladder

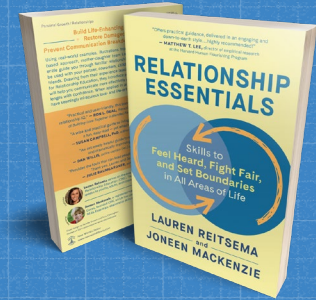
Distance yourself from everyday stress to gain a higher perspective and keep relationship success in sight.

# Extension Ladder



Short term focus can blur the decision -making process.

# RELATIONSHIP ESSENTIALS



**Flashlight**

**Extension  
Ladder**

# Thank You

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